



Lent and Fasting the Foundation of Good Health Recipe Book: The Cleansing of Body and Soul (Paperback)

By Demetra S Gerontakis

Createspace Independent Publishing Platform, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.In a busy world such as today where pollutants and stress sneak up on the human body and synthetic foods have become a way of life outweighing the basic natural raw food diet that humanity once knew, there is only so much one can do to avoid the consequences. Fasting can do miracles for the body, mind and soul.



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